

# Welcome to Parenthood!

Visit The Center this month  
to find out about the Navy's  
**New Parent Support**  
program.

We can help you...

- ✓ Baby-proof your home
- ✓ Answer feeding questions
- ✓ Help with daycare decisions
- ✓ Partner with other new moms and dads
- ✓ Plan for the days ahead

This program is designed for Sailors and their families, and best of all, it's **FREE** – a benefit you have earned through your service. We've trained lots of new families. We're here to help.



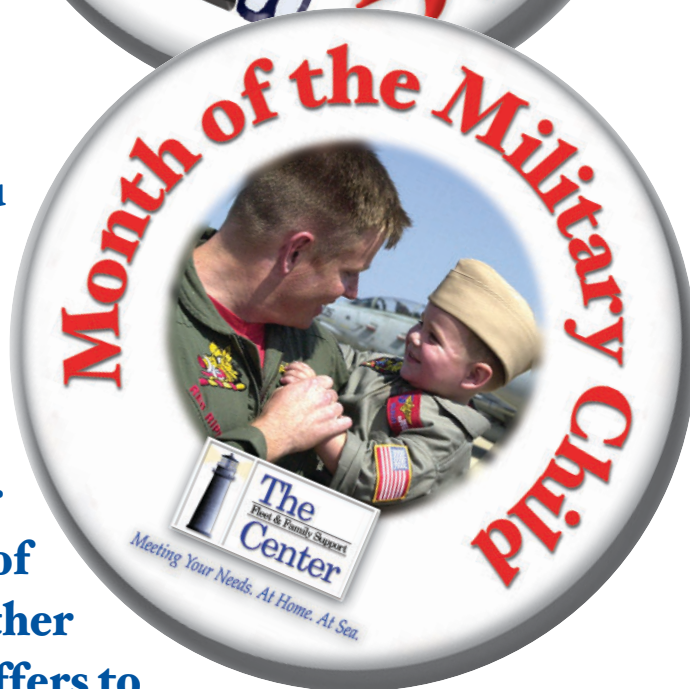
*Meeting Your Needs. At Home. At Sea.*

# Month of the Military Child

## Celebrating Our Future Heroes

*Visit The Center this month to find out about the Navy's programs to support and inspire parents and kids.*

Ask most parents and they'll tell you parenting isn't easy, especially if you're a military family. But in the same breath, many will say it is one of the most rewarding opportunities life has to offer. Our children are our future heroes. Ask about Month of the Military Child activities and other programs and services The Center offers to serve our children.



*Meeting Your Needs. At Home. At Sea.*

# Child Abuse Prevention Month

## Happy Families Keep the Navy Strong.

Protecting our future heroes is the responsibility of everyone. What can you do to help? Support local awareness events at The Center or elsewhere on base.



*April is Child Abuse Prevention Month.*

*If you see child abuse or neglect, report it. It's your duty.*

- ✓ Need help and want to talk to a counselor?
- ✓ Have questions about child abuse?
- ✓ Want to know where to report suspected or known abuse in your community, or
- ✓ Want a referral to an agency near you?

**Call The Center to find out about classes and individual help for everything from nurturing a newborn and disciplining a child to communicating with teenagers and young adults.**



*Meeting Your Needs. At Home. At Sea.*